

## Opinion Poll

**HEALTH CARE  
Exercise**

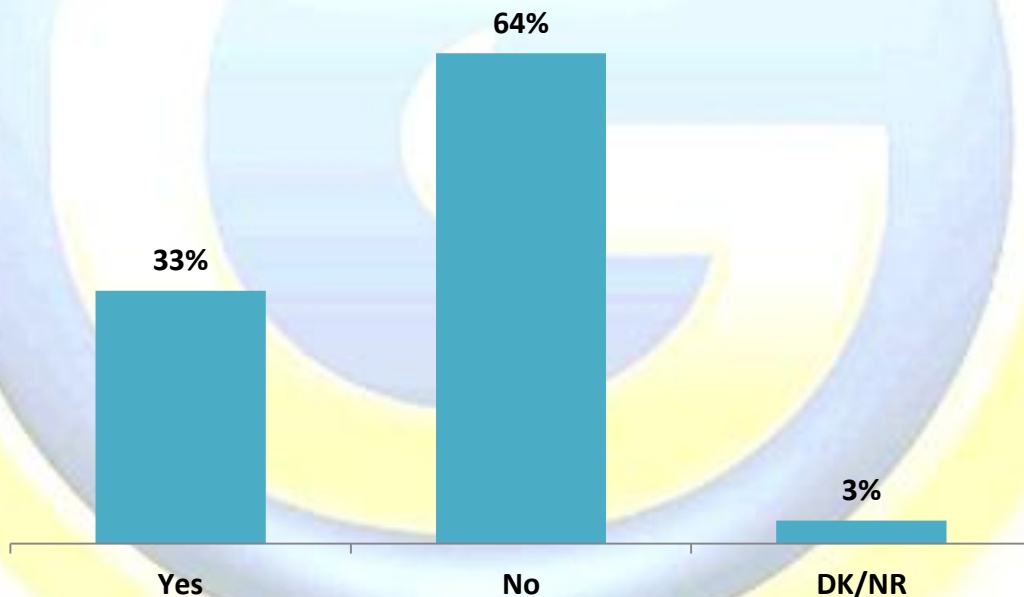
**On exercise: More than 6 in 10 Pakistanis (64%) do not engage in any physical activity that makes them sweat a lot and raises their heart rate. (GALLUP & GILANI PAKISTAN POLL)**

Islamabad, April 16, 2019

According to a Gilani Research Foundation Survey carried out by Gallup & Gilani Pakistan, more than 6 in 10 Pakistanis (64%) do not engage in any physical activity that makes them sweat a lot and raises their heart rate.

A nationally representative sample of men and women from across the four provinces was asked, “Keeping in mind the past one year, please answer the following: Do you do anything at least once a week which makes you sweat a lot and increases your heart rate?” In response, 33% said that they do, 64% said that they do not, and 3% said that they did not know or did not wish to respond.

**Question: “Keeping in mind the past one year, please answer the following: Do you do anything at least once a week which makes you sweat a lot and increases your heart rate?”**



Source: Gallup & Gilani Pakistan Poll

Field work conducted by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International Association  
([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk); [www.gilanifoundation.com](http://www.gilanifoundation.com))

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1,178 men and women in rural and urban and areas of all four provinces of the country, during 23 February – 03 March, 2019. The error margin is estimated to be approximately  $\pm 2$ -3 percent at the 95% confidence level.

## Opinion Poll from Gallup Pakistan



The Pakistani Affiliate of Gallup International

GILANI RESEARCH  
FOUNDATION



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*(2 Pages, English version only)*

***Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.***

*Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.*

*If you have any further questions regarding this poll, please feel free to contact us.*

*Best Regards,*

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2019



of Gallup Pakistan  
(1980-2019)